

THE GROVE SPA

& BOUTIQUE

Sculptra® Post-Treatment

Follow this care plan closely in order to see the best results.

Day of Appointment:

- You may use topical anesthetic medication in office before your scheduled appointment (please arrive 30 minutes prior to procedure)
- Arrive with a clean face. Please do not wear makeup.
- You may experience a mild amount of tenderness or stinging during and following injection
- Redness and swelling are normal. Some bruising may also be visible

Post-Treatment:

- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment
- You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Massage the areas 5 times a day, for 5 minutes each time, for 5 days after treatment. This is crucial to avoid lumps and to be sure particles are absorbed evenly through the tissue.
- After treatment there will be moderate swelling and redness with possibility of bruising.
- These symptoms will resolve in about 5-7 days. You may apply or take Arnica tablets to help decrease the amount of bruising
- Avoid extended UV exposure until any redness/swelling has subsided. Apply SPF.
- Avoid strenuous exercise for 24 hours to reduce bruising. You may resume other normal activities/routines immediately
- Avoid laser, IPL, or skin tightening treatments of the area for at least 2-3 weeks
- You may continue your topical products as mentioned above 1 week after injection

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

